Artichokes History & Cooking Art

The artichoke is a species of cardoon perennial plant which is grown as a vegetable for food. It can survive for more than two years, however, it is safely consumed as a budding flower head. The bud within are the fleshy purplish or violet lower part of the 'brachts' known as the artichoke heart are the mass of immature florets in the center which are edible. The external parts of the flower of inedible.

The artichoke belongs to the same family as the thistles, sunflower, lettuce, salsify, chrysanthemums, and a hoard of other species. It will not evolve truely from seeds. This plant comes from the sprouts of the plant from which they arise.

Since ancient times, a native of the Mediterranean Sea region, this food was used by the Ancient Greeks and Romans. After being cultivated, artichokes spread to France in the 1st century, mentioned in the garden plant by Homer and Hesiod in the 8th century, a focus of Italian writers in the Cavaillion 1541 and introduced by the Dutch to England by the 16th century. In the 19th century, the French brought them to Louisiana while the Spaniards are said to have taken them to California in America. California supplies the US with 100% of this crop today.

Selection

Artichokes are best purchased when they feel the heaviest and firmest having a healthy green color with compact center leaves and fresh appearance. As they come into season during March through June look for thick, tightly closed leaves which squeak when rubbed. The older ones are opened, dry, or have cracked leaves. There are approximately five types of artichokes in markets as those found and cultivated on the Ocean Mist Farm, a primary grower within the U.S. and a good source for recipes and videos teaching how to choose and prepare this diverse vegetable form.

Economics

Artichokes are not exotic fruit, yet, it is still earning its place as a in-home common good. It is sold retail as a fresh vegetable with a price range of $1.79 to average $2.99. The size of it with stem can go onto jumbo having a dollar value increase of $3.99. The purple leaf is possibly a cents more also.

As a canned item, price range is from $1.92 onto $3.32. Whereas it is most expensive as a frozen good on average in the $5 range.

The retailed artichokes are found as a grilled or typically olive oil marinated product.

Nutritional Value

This low calorie, nutrient rich vegetable is an good source of Vitamin C, magnesium, antioxidants and Fiber as indicated in figure 1.

Artichoke Nutrition Value (figure 1) Amount Per 100 grams of 1 medium artichoke (128g) ,1 large (162g)

Calories 60	**Daily Value(%)**
TotalFat 0.2g	
saturatedfat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Potassium 474 mg	13%
TotalCarbohydrate 13g	4%
Dietaryfiber 7g	28%
Sugar 1.3 g	
Protein 4.2 g	8%
Vitamin C	25%
Iron	8%
Vitamin B6	5%
Magnesium	19%
Calcium	5%
Vitamin D	0%

Consuming this crop provides numerous natural health benefits as a food item.

a. high amount of fiber helps prevent constipation and clean bowels
b. prevention of colon cancer
c. lowers blood sugar levels and sugar absorption rates
d. can aid in blood pressure and heart rate control as it impacts sodium absorption
e. it copper and iron content build red blood cell formation and production
f. controls acid reflux issues
g. helps with bloating, appetite, nausea, and diarrhea
h. Cynarine content gets rid of biological bad cholesterol and balances it levels
i. Liver rids of toxins
j. used for 'hangovers'
k. the vitamin K promotes bone production and protects neurological damage in the brain
l. hasantioxidants: pyridoxine, thiamin and pantothenic acid

Preparation

They can be boiled, steamed, stuffed, grilled, pickled or used as a ingredient in other dishes. This delight is eaten with sauces such as hollandaise, vinegar, butter, mayonnaise, aioli, or lemon juice.

Storage

Slice a dime width off the stem and sprinkle the end with water, refrigerate in an airtight plastic storage bad. Best eaten within five to seven days after purchase.

Cooked artichokes are cooled, the choke is scooped out and the remainder completely covered before refrigeration of up to a week.

Artichokes as Cultured Food

The artichoke is a recognized food resource globally as it is named in English articiocco, Italian cariciofo, and Arabic Karshufa. It is found even in Jerusalem as the artichoke is native to North America and is tuber-bearing sunflower. They are at times grown for their crisp, small tubers and are pickled or made into relish. In Italy, they are prepared in oil or deep-fried whole and can also be stuffed with bread crumbs, garlic, herbs, grated cheese, and prosciutto. Here this vegetable is an herbal tea ingredient and found in Italian liqueur Cynar with 33% alcohol. In Spain they are olive oiled and grilled to taste.

Artichoke Events & Facts

The Artichoke Center of the World annual Castroville Artichoke Festival

South Africa small town Parys by the Vaal River

Marylin Monroe ws a starlet and the official Artichoke queen for the festival

Ciro "The Artichoke King" Terranova was a New York City ganster and underboss of the Morello crime family. He was known as the "the Artichoke King" for profits earned from a $6.00 crate purchase and sale retail at a 30 to 40 percent profit. He influenced vegetable seller to buy and hack down field of California farmers and distributors as a scare tactic. Then Mayor Fiorello La Guardia of New York, in turn, banned city-wide sale, display, and possession of artichokes stating, "A racketeer in artichokes is no different than a racketeer in slot machines."

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